



sol
daz

breakfast available 7 – 11 am

two egg sunrise breakfast*

choice of bacon, ham or sausage with two eggs cooked to order, hash browns, toast, and fruit salad 8

corn beef hash*

corned beef sautéed with onion, bell peppers, potatoes on an egg – sunny side up. served with toast 8

three egg omelet*

choice of vegetables and meats, toast 8
substitute egg white +1 | add avocado .75

kiva breakfast sandwich*

scrambled eggs, ham, swiss cheese, and sauted bell peppers on a croissant 7

egg & bacon english muffin sandwich*

bacon, scrambled eggs, tomato, onion & american cheese 7

pancakes or french toast*

includes choice of bacon, sausage or ham and served with berries 8

lox & avocado toast*

lox, avocado, toasted plain bagel with tomato and thinly sliced onion & capers 9 add cream cheese .25

trilogy breakfast bowl* ☒

two scrambled eggs, crispy hash browns sautéed with ham tomato, bell peppers, onion, topped with provolone cheese and baked to perfection, 9

arizona breakfast burrito* ☒

stuffed flour tortilla, chorizo, scrambled egg, avocado pico de gallo, green onion cotija cheese
served with sour cream and salsa on the side 9

midwest breakfast bowl* ☒

two scramble eggs, sausage, bacon, crispy hash browns, mushrooms topped with cheddar & jack cheese and baked to perfection, 9

california breakfast bowl* ☒

egg whites, turkey, feta, spinach tomato, crispy hash browns, baked to perfection 9

seasonal fruit and berry bowl ☒

fruit and berries served with a bran muffin 8

old fashion oatmeal 4 ☒

add berries +2
add walnuts +.75

Parfaits 4

- vanilla yogurt, strawberry, blueberry, granola
- chocolate yogurt, peanut butter, banana, granola
- vanilla yogurt, peaches, coconut, cinnamon toast crunch

kids' corner

54 and under

grilled cheese and a side* 7

chicken fingers and a side* 8

cheese crisp quesadilla sour cream/salsa 8

peanut butter & jelly and a side 6

salads available after 11am

all salads can be made in a whole wheat wrap with side

tuna niçoise salad* ☒

our special relish tuna salad over romaine, green beans, olives, capers, tomato, egg, house herb vinaigrette 7 | 10
sub grilled salmon 13

solaz fruit & berry salad* ☒

spinach & grilled chicken, honeydew, cantaloupe pineapple, strawberries, red onion, candied walnuts, raspberry vinaigrette 7 | 10
sub grilled salmon 13

classic caesar*

romaine, grilled chicken breast, parmesan cheese, croutons, tossed with caesar dressing 7 | 10
sub grilled atlantic salmon 13

chop chop chef salad* ☒

turkey, ham, swiss, cheddar, romaine, tomato, egg, bacon, red onion, cucumber with balsamic vinaigrette dressing 7 | 10

bbq chicken chop* ☒

honey whiskey bbq grilled chicken, romaine, black beans, corn, tomato, cilantro, tortilla strips, monterey jack, cheddar, buttermilk ranch 7 | 10
sub herb-lime shrimp 8 | 12

sandwiches

available after 11 am

gluten free bread or roll substitute +.5

choice of side |

french fries / garden salad / caesar salad / sweet potato fries / fruit salad / chips / potato salad / coleslaw

turkey cranberry & brie melt*

oven roasted turkey, cranberry sauce, brie cheese on grilled walnut cranberry bread 7 | 10

solaz croissant sandwich*

choice of tuna salad or cranberry-walnut chicken salad, lettuce & tomato 7/10

california club sandwich*

turkey, bacon, lettuce, tomato, avocado & herb mayo on triple decker toasted stone ground wheat 10

buffalo chicken wrap*

golden fried chicken tenders, lettuce, tomato, red onion, celery, bleu cheese, shredded cheddar cheese with ancho mayo in a wheat tortilla 10

hebrew national hot dog*

7 | sauerkraut +1

teriyaki bowl*

stir-fried mixed vegetables – onions, carrots, bell peppers, celery, water chestnuts and edamame in our house made sauce served over jasmine rice.

with chicken 10

or shrimp 12

or grilled salmon 13

☒ gluten free

*These items may be served raw or undercooked. Consuming raw or undercooked meat, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

build a burger

burgers come with lettuce tomato sliced onion and a pickle, and you choose of a side

pick a patty

- certified angus patty* 10
- boca veggie patty 8
- turkey burger patty* 9
- grilled chicken breast* 9

Pick a bun

- brioche bun
- pretzel bun
- gluten free bun
- whole wheat roll
- lettuce wrap

Pick a cheese add \$1

- american
- cheddar
- swiss
- pepper jack
- provolone
- gorgonzola
- feta
- brie
- horseradish cheddar

Pick a topping add \$1

- bacon*
- fried over easy egg*
- avocado
- sautéed jalapeno
- sautéed mushroom
- caramelized onion
- roasted red pepper
- sautéed spinach
- cole slaw

Pick a sauce .50

- BBQ
- house buttermilk ranch
- horseradish mayo
- dijon mustard
- teriyaki
- buffalo
- 1000 island
- hummus
- spicy thai peanut

Dr. Amy's Healthy Start



smoothies 6

(add a scoop of dr. amy's protein +1)

banana mango

apple cinnamon

strawberry blueberry

sesame seared mahi mahi* ☒

over stir-fried peppers, onions celery carrots and steamed jasmine rice 12

southwest salmon* ☒

over sautéed black beans peppers, onion, cilantro avocado and steamed jasmine rice 12

hawaiian pineapple mahi* ☒

seared, mahi, pineapple, bell peppers, onions and wilted spinach 12

citrus salmon filet bowl* ☒

citrus steamed salmon, cucumber avocado over mixed greens with olive oil and citrus vinegar 12

poached salmon* ☒

over steamed tri-color cauliflower 12

blackened mahi mahi* ☒

over sautéed spinach black beans, corn & peppers 12

share plates 3pm to close

come join friends and enjoy a glass of wine and share good moments

warm spinach and artichoke parmesan dip 9

served with pita bread carrot & celery sticks

beer battered onion rings 7

stout battered and fried to perfection served with ranch dressing

roasted red pepper hummus 8

served with pita bread, carrot & celery sticks

chef's selection cheese board 8

served with four types of sliced boars head cheese, marinated olives medley, grapes & crostini

beef barbacoa taquitos 7

served with a cilantro ranch dipping sauce

fried shrimp basket 10

served with cole slaw, sidewinder fries & cocktail sauce



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